

# SAJSM

## QUESTIONS JUNE 2012

CPD questionnaires must be completed online via [www.cpdjournals.co.za](http://www.cpdjournals.co.za).

After submission you can check the answers and print your certificate.

1. True (A) or false (B):

**The 2007 American College of Sports Medicine Position Stand on Exercise and Fluid Replacement warns athletes not to lose >2% body weight during exercise as it may adversely affect performance.**

2. True (A) or false (B):

**The fastest runners in a marathon usually lose the least weight during a race.**

3. True (A) or false (B):

**Signs and symptoms of hyponatraemia include nausea, vomiting, confusion, and headache.**

4. True (A) or false (B):

**Runners who become dehydrated during a race, face the risk of hyponatraemia.**

5. True (A) or false (B):

**Compared with other countries, there is a very high incidence of hyponatraemia in marathon runners in South Africa.**

6. True (A) or false (B):

**There are several validated questionnaires for the purpose of measuring and reporting physical activity levels in South African children.**

7. True (A) or false (B):

**The average energy expenditure of South African children is about 1 200 cal/day.**

8. True (A) or false (B):

**In the absence of either medical or obstetric complications, all pregnant women should be encouraged to participate in aerobic and strength-conditioning training at a moderate intensity, on most, if not all, days of the week.**

9. True (A) or false (B):

**Pelvic floor exercises in the immediate post-partum period may reduce the risk of future urinary incontinence.**

10. True (A) or false (B):

**Vitamin D can be absorbed throughout the year in the United Kingdom.**

11. True (A) or false (B):

**Dark-skinned individuals usually have high levels of vitamin D production.**

12. True (A) or false (B):

**In addition to melanin content, social behaviours such as sun exposure and clothing should also be considered when reviewing an athlete's risk of developing vitamin D deficiency.**

13. True (A) or false (B):

**The application of sun cream does not increase the risk of developing vitamin D deficiency.**

14. True (A) or false (B):

**Popliteal artery entrapment syndrome (PAES) is a very common cause of exercise-induced pain in the lower extremity of young athletes.**

15. True (A) or false (B):

**PAES is a partial or complete occlusion of the popliteal artery as a result of aberrant anatomy in the popliteal fossa.**

16. True (A) or false (B):

**PAES usually affects females older than 65 years.**

17. True (A) or false (B):

**Players of Rugby Union have a risk of injury of about 2 injuries per 1 000 hours of exposure.**

18. True (A) or false (B):

**The risk of injury in Rugby Union decreases with increasing age and level/grade.**

19. True (A) or false (B):

**Nearly all the players who were injured at the youth rugby tournaments had medical insurance.**

20. True (A) or false (B):

**Whole body vibration (WBV) is a current neuromuscular training method, which even at a low intensity provokes muscle length changes that stimulate the sensory receptor of the muscle spindle.**

### INSTRUCTIONS

1. Read the journal. All the answers will be found there.
2. Go to [www.cpdjournals.co.za](http://www.cpdjournals.co.za) to answer questions.

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